INTERVIEW WITH A VAMPIRE

TWILIGHT STAR ROBERT PATTINSON IS HOPING TO SINK HIS TEETH INTO 'WORTHWHILE' ROLES PAGE 15

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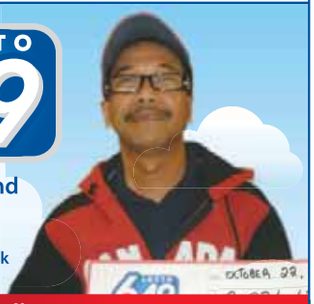

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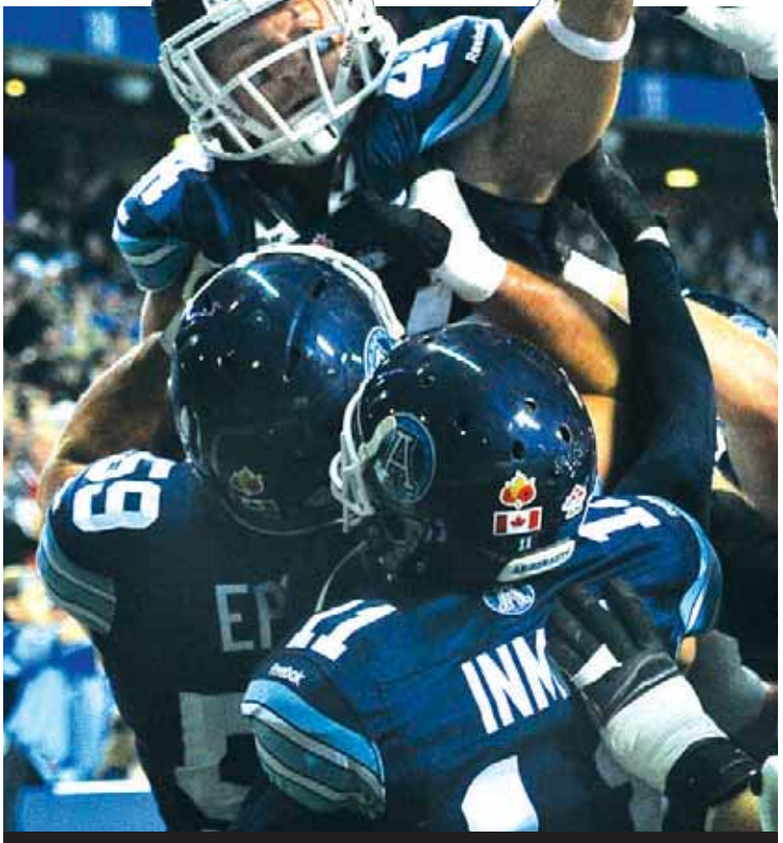

ARGOS SAIL TO FINAL

Running back Chad Kackert is lifted up by his teammates after his touchdown on Sunday, as the Toronto Argonauts put away the Edmonton Eskimos at the Rogers Centre in the CFL East Division semifinal. The Argos move on to the final against the Montreal Alouettes next Sunday. See story on page 26. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Police to issue receipts for street checks

Announcement due Wednesday. Many activists say although the move is a positive step, random checks should be banned

Random police stops

"When people are stopped by police who demand identification, they are psychologically detained even if they're not physically detained. We would see the demands for identification as a form of search as well as the pat-downs that frequently accompany it."

Mike Leitold, criminal lawyer

Toronto police stop up to 400,000 people every year during non-criminal encounters, asking them where they're going and recording their name and address and the names of the people they're with.

The practice has been denounced by activists who say it leads to racist policing.

Now, bowing to months of pressure, Chief Bill Blair is calling on officers to hand out a record of that interaction to the persons involved. He will table a report at Wednesday's police-board meeting that says the receipts will be available for use in December, and statistics on street checks will be reported to the board every three months.

A Torstar News Service story in March showed that police stop young men of colour at a disproportionate rate. In some areas of the city, these youth report that merely standing on the street is enough to attract police attention.

Although some activists welcomed the move by Blair, others said it's not enough. The receipts are "just a record of an illegal detention and it's really those illegal detentions which need to be stopped," criminal lawyer Mike Leitold said.

"I think many judges agree that detaining individuals for the purpose of requiring ID is unlawful. I think it's unconstitutional and a violation of people's rights," he said.

TORSTAR NEWS SERVICE

Helter swelter

More heat, more rain, more havoc: Toronto's weather will change dramatically in just 30 years, experts predict PAGE 3

Hate to wait?

Try our tips to keep your kids occupied while stuck at the doctor's office PAGE 22

Nordiques notion

Mats Sundin hopes the NHL returns to Quebec City PAGE 28

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- 229 Kent St
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- Pacific Mall

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- 980 Eglinton Ave E
- Dixie Value Mall
- Erin Mills Town Centre
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- Square One Shopping Centre – Kiosk
- Westgate SmartCentres

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- 1635 Lawrence Ave W
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- Crossroads Plaza
- Empress Walk
- Lawrence Square
- North York Sheridan Mall
- Sheppard Centre
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- Hampshire Gate at Dundas
- Oakville Place

ORANGEVILLE
- 114 Broadway Ave

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- Five Points Mall
- Oshawa Centre

PICKERING
- Pickering Town Centre

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- Hillcrest Mall

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- Cedarbrae Mall – Kiosk
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Eric Leong TORSTAR NEWS SERVICE

Competition.
T.O. student's popemobile design a winner

It had to be safe and it had to be eco-friendly.

Those were the two main requirements contestants were told to keep in mind as they designed submissions for an international contest to build a new and improved popemobile.

And, of course, the Pope had to be widely visible from the back of the vehicle, which would be used during outdoor public appearances.

Toronto native Eric Leong and Han Yong-fei, Leong's classmate at Sweden's Umea Institute of Design, knew they wanted to make something that stood a chance of going into production when they were tapped by industry experts to participate in the 2012 Autostyle Design Competition.

The annual event invites transportation design students from around the world to work on a specific transportation design challenge.

Leong and his classmate incorporated emerging technologies in their design, including spider-silk titanium and spray-on battery technology developed by scientists at Rice University in Texas this summer. The design also included bulletproof Kevlar-belted wheels and a solar panel on the roof to please the eco-minded Pope Benedict XVI.

Leong and his classmate received an award for their design in October at an event at the Villa di Bagno in Northern Italy, organized by the international auto industry. They were among a short list of 22 young designers.

TORSTAR NEWS SERVICE

Report says T.O. weather in for dramatic changes

Long-range forecast.
Advocates worry the city isn't preparing to cope with coming heat and heavy rains

The summer of 2012 was a hot one, preceded by a barely existent winter. But in 30 years, Torontonians will look back on this as a relatively chilly year, compared with the temperatures being forecast in a dire report from the Toronto Environment Office.

The $250,000 study predicts triple the number of above-30 C days, from about 22 on average annually to 66. It forecasts five times as many heat waves in the average summer and warns that the days when the humidex hits 40 C or higher will increase from nine a year to 39 on average.

The findings are frightening and urgent given the enormous implications for the city's aging sewers, roads and public transit.

"We want to keep the public infrastructure in service when it's stressed by weather events," said TEO director Lawson Oates. "Many of the things we can do are low-cost … much cheaper than doing them retroactively.

But environmentalists and some city councillors are worried that funding for environmental initiatives will be diverted to other programs in the upcoming budget cycle.

"Imagine a summer where for two months the temperature does not go down below 30 C. If that were to happen tomorrow there would probably be a significant number of deaths. Our electricity infrastructure would fail.... I'm not sure that the city and this administration is taking any of this stuff seriously," said Franz Hartmann of the Toronto Environmental Alliance.

He is concerned that a restructuring of the city's Sustainable Energy Funds, an interest-free loan program to help retrofits buildings for energy efficiency, could include a one-time diversion of $60 million to protect the city's trees from the devastating emerald ash borer.

That's two climate change-related needs competing for the same fund, said city councillor Paula Fletcher, former chair of the Toronto Parks and Environment committee.

The climate report, Toronto's Future Weather & Climate Driver Study, was supposed to be discussed at Toronto's Parks and Environment Committee on Friday but was deferred. The next meeting isn't scheduled until Jan. 13. TORSTAR NEWS SERVICE

Temps projected to climb

A report from the Toronto Environment Office predicts some dramatic changes in Toronto's weather between 2040 and 2050. Here are some findings:

- A 4.4 C average annual rise in temperature, including a 5.7 C increase in winter and 3.8 C in summer.
- Six times as many days when temperatures remain above 24 C for 24 hours.
- Slightly more precipitation but less snow and more rain in the winter. The research forecasts 26 fewer snow days per year, including nine less in December.

A day at the beach — in November

Jose Trilho, 4, plays with a tree branch on Sunday at Marie Curtis Park Beach in Toronto. The temperature in the city climbed to 17.8 C, snapping a 74-year-old record set on Nov. 11, 1938. On that day, the temperature was 17.2 C. Torontonians can expect the cold to creep back in by Tuesday, as temperatures will drop to –2 C. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

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Investigations. Three young men injured in shootings, stabbing

Three young men were injured in Toronto during a violent Sunday, which saw gunfire outside a downtown bar and at an east-end apartment, as well as a west-end stabbing.

A 25-year-old man was found on the ground bleeding from a gunshot wound to the neck on College Street, just east of Bathurst Street, at about 12:45 a.m.

The victim, who is from Toronto, was rushed to hospital and remained in critical condition on Sunday evening.

"I cried for about half an hour as I watched them revive him. I thought he was gone," said eyewitness Danielle West.

Police said there were multiple shots and suspects, all wearing dark clothing, who fled on foot in different directions.

The nearby area was shutdown for the investigation until about 5 a.m. as canine units were used as police attempted to track down the suspects.

"We're still investigating," said Toronto police Det. Chris Chilvers on Sunday evening. "We're getting lots of cooperation and hope that more people come forward."

In a separate incident on Sunday afternoon, at about 2:15 p.m., a 19-year-old man was shot twice at an apartment on Dawes Road near Victoria Park Avenue.

He was sent to hospital with serious injuries but was expected to survive.

On the west-end of the city at about noon, a 20-year-old man was stabbed three times in the torso, police said. There were numerous witnesses to the incident, in the lobby of a Willowridge Road apartment, near Eglinton Avenue West and Martin Grove Road.

TORSTAR NEWS SERVICE

Stabbing

Det. Kevin Sedore said the 27-year-old suspect, who was known to the victim, fled on foot but was arrested shortly after 5 p.m. in another area of the city.

- **Victim.** The victim was in serious but stable condition.

One of two women on Ford's executive quits

Last woman standing. Michelle Berardinetti wants independence, Jaye Robinson stays on to be 'moderating influence'

Seven months ago, the two women on Mayor Rob Ford's 13-member executive committee both said they would quit at the end of the year if Ford didn't start to seek consensus and to think more strategically.

Coun. Jaye Robinson and Coun. Michelle Berardinetti have now made their decisions: Robinson will seek reappointment to the powerful cabinet-like committee; Berardinetti will not.

Berardinetti (Ward 35, Scarborough Southwest) said she made her decision in part because she wants to be liberated from intense vote-whipping pressure from Ford's staff. At times, she said, she has been expected to vote with Ford on even minor issues.

Robinson (Ward 25, Don Valley West), a rookie from a ward Ford carried narrowly, said she made the "tough decision" to stay on the committee because the prominent perch will allow her to be more effective as a "moderating influence," because she wants to promote diversity, and because Ford has become more conciliatory in recent months — though she said "there's still a long way to go."

Berardinetti's departure means that Ford's inner circle loses one of its least conservative members. Berardinetti and Robinson worked to weaken some of Ford's proposed budget cuts. TORSTAR NEWS SERVICE

Sticking around

"I'm not a Ford loyalist, I'm a Toronto loyalist. I'm here to make my decisions based on evidence and facts."

Coun. Jaye Robinson

Toronto City Coun. Michelle Berardinetti will not seek reappointment to the powerful cabinet-like committee. LUCAS OLENIUK/TORSTAR NEWS SERVICE

The Bachelor on the town

Bachelor Canada star Brad Smith, right, seen here with MUZIK Nightclub owner Zlatko Starkovski, was at the trendy club late Saturday night. Smith has picked his final two on the show, full story on page 16. CONTRIBUTED

Rare falcon spotted at Toronto mall

Pigeons should take cover. A large Arctic falcon has been spotted soaring over a Scarborough parking lot snacking on smaller birds.

A member of the Ontario Field Ornithologists confirmed Friday that a white gyrfalcon has been circling the Golden Mile Shopping Centre, near Eglinton Avenue East and Pharmacy Avenue.

Locals reported seeing the bird as early as a month ago. Mark De Abreu, who works in the area, has been a birder for the last 40 years. He spotted the falcon in the mall's parking lot. "To see a white one is like winning the lottery," said De Abreu.

De Abreu wanted another glimpse of the gyrfalcon so he spent four lunch breaks in a row parked in a Scarborough parking lot, binoculars in hand.

On his fourth lunch time stake-out he got lucky; the gyrfalcon swooped over the strip-mall and decided to join him for lunch — it had pigeon.

"Pigeons are pretty much cake [to the falcon]," said De Abreu. TORSTAR NEWS SERVICE

Rare sighting

The arctic falcon is commonly found in Greenland, and sightings south of James Bay are rare.

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‘We thank you, we salute you’

Mayor Rob Ford checks out the hardware on RCAF member Armin Konn after Remembrance Day Services at the Old City Hall Cenotaph at 60 Queen St. W.

RCAF member Armin Konn shows a photo of himself from the past after the Remembrance Day Service at Old City Hall.

Nov. 11, 11 a.m.

The nation paused to venerate thousands who died at war and while peacekeeping for Canada

Solemn faces set firmly with remembrance adorned the densely packed crowd around the cenotaph at Old City Hall as the bells in the clock tower rang over Queen Street.

Several ceremonies were held across Toronto to mark the hour, the largest ones at Queen’s Park and Old City Hall.

As the hour of remembrance drew closer, the military colour parties marched down Bay Street towards the cenotaph. Men and women carried all manner of flags and rifles, accompanied by the strict rhythms of a military marching band.

The knell of the tower’s bells faded to silence at 11 a.m. for the moment of reflection.

The quiet was briefly interrupted by a small group of protesters, who chanted anti-military slogans.

Mayor Rob Ford took to the podium to deliver his Remembrance Day address, touching on the 70th anniversary of the Dieppe Raid and lauding the contribution of the women in the naval service who volunteered during the Second World War.

“Veterans of all ages can surely take heart in (the fact) that our younger generations will never, ever forget them,” said Ford. “Those who have served and never returned: We thank you. We salute you. We will always, always remember you.” TORSTAR NEWS SERVICE

Barry MacMillan served for 32 years in the Canadian military. He came to remember friends at the Remembrance Day Service at Old City Hall.

Members of the Toronto Firefighters War Veterans Association lay a wreath at the Remembrance Day Service as people pack the streets surrounding the cenotaph. ALL PHOTOS BY RENE JOHNSTON/TORSTAR NEWS SERVICE

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There's nowhere to go but down for defence budget

Canadian Forces. Military spending has become more limited despite federal strategy to ramp up funds: Expert

GRAHAM LANKTREE
Metro in Ottawa

In this 2011 photo, an aircraft maintainer walks by the U.S. air force's F-35 Lightning II joint strike fighter at Eglin Air Force Base in Florida. SAMUEL KING JR./U.S. AIR FORCE/THE ASSOCIATED PRESS FILE

Don't expect promises of a tricked-out Canadian military loaded with more of the latest gadgets to come to pass in the next 20 years, says a University of Ottawa professor as he peers into the Forces' future.

"If they remain committed to buying expensive items in a stagnant budget, there is less money for other things," said Paul Robinson, a military expert with the university's graduate school of public and international affairs. "They say they don't plan to cut personnel. It makes you wonder where they will get the money from."

In 2008, the government drew up a plan in the Canada First Defence Strategy that would see defence spending increase to $30 billion in 2027 from $18 billion in 2008.

Yet military spending in reality has become constricted, Robinson said. "I would say the Canada First strategy has been a misnomer for what has happened in practice. They were talking about sustained growth and now it's cutbacks."

In a leaked letter to Defence Minister Peter MacKay that was obtained by The Canadian Press in October, the prime minister wrote "there can be no expectation that the defence budget will grow in the next few years." Cuts to defence spending are expected to reach $2.5 billion a year by 2014.

Robinson criticized the government's plans to purchase F-35 fighter jets at a cost of $25 billion. "A lot could be cut without harming the military. F-35 would be the first to go. It's a vast waste of money in a capability beyond what Canada needs for its own defence. We could do with something far more modest and cheaper."

He also said a military buildup in the Arctic is misguided. "The Arctic is not somewhere we should be considering militarizing. We're not going to go to war with the Russians, Americans or Danes."

Despite this, the buildup will continue in the North, MacKay's press secretary, Paloma Aguilar, wrote in an email: "We will continue operations in the North and increase our footprint in the Arctic with a new training centre and a berth and refuelling facility in Nanisivik."

Aguilar wrote that "the Forces must be restructured to ensure administrative burdens are reduced and resources freed up for the front line," without suggesting where future conflicts could be.

The Conservatives will have their hand on the tiller of the military for a time yet, said Robinson. "They're not likely to dramatically change direction."

Israel fires at Syria following mortar strike

Warning. Incidents of errant fire have multiplied in recent weeks, leading Israel to warn that it holds Syria responsible

Israel was drawn into the Syrian civil war for the first time on Sunday, firing warning shots into the neighbouring country after a stray mortar shell fired from Syrian territory hit an Israeli military post.

The Israeli military said the mortar fire caused no injuries or damage at the post in the Golan Heights, which Israel captured from Syria in the 1967 Mideast war and then annexed.

"A mortar shell targeted an IDF (Israel Defence Forces) post in the Golan Heights," said army spokeswoman Lt. Col. Avital Leibovich. "We answered with a warning shot."

Israel and Syria are bitter foes who have fought several wars, but their shared border has been mostly quiet since a 1974 ceasefire. Still, Israel worries that Syria's civil war could spill across into the Golan, and repeated errant fire has intensified that concern.

Israel fears that if Syrian President Bashar Assad's regime is toppled, the country could fall into the hands of Islamic extremists or descend into sectarian warfare, destabilizing the region.

Israeli officials do not see Assad trying to intentionally draw Israel into the fighting, but have raised the possibility of his targeting Israel in an act of desperation. They also fear that Syria's stockpile of chemical weapons or other weapons could slip into the hands of Lebanon's militant Hezbollah group — a close Syrian ally — or reach other militants if Assad loses power.

Israeli officials also worry that the frontier region could turn into a lawless area like Egypt's Sinai desert, which Islamic militants now use as a launching ground for strikes against southern Israel.

Mistake

"We understand this was a mistake and was not meant to target Israel and then that is why we fired a warning shot in retaliation."

Lt. Col. Avital Leibovich
Israeli army spokeswoman

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- Study starts on Wednesday November 28, 2012
- 4 sessions with 3 returns per session.
- Compensation is up to $2,000 for completing the entire study.

STUDY #1535
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- Study starts on Thursday November 29, 2012
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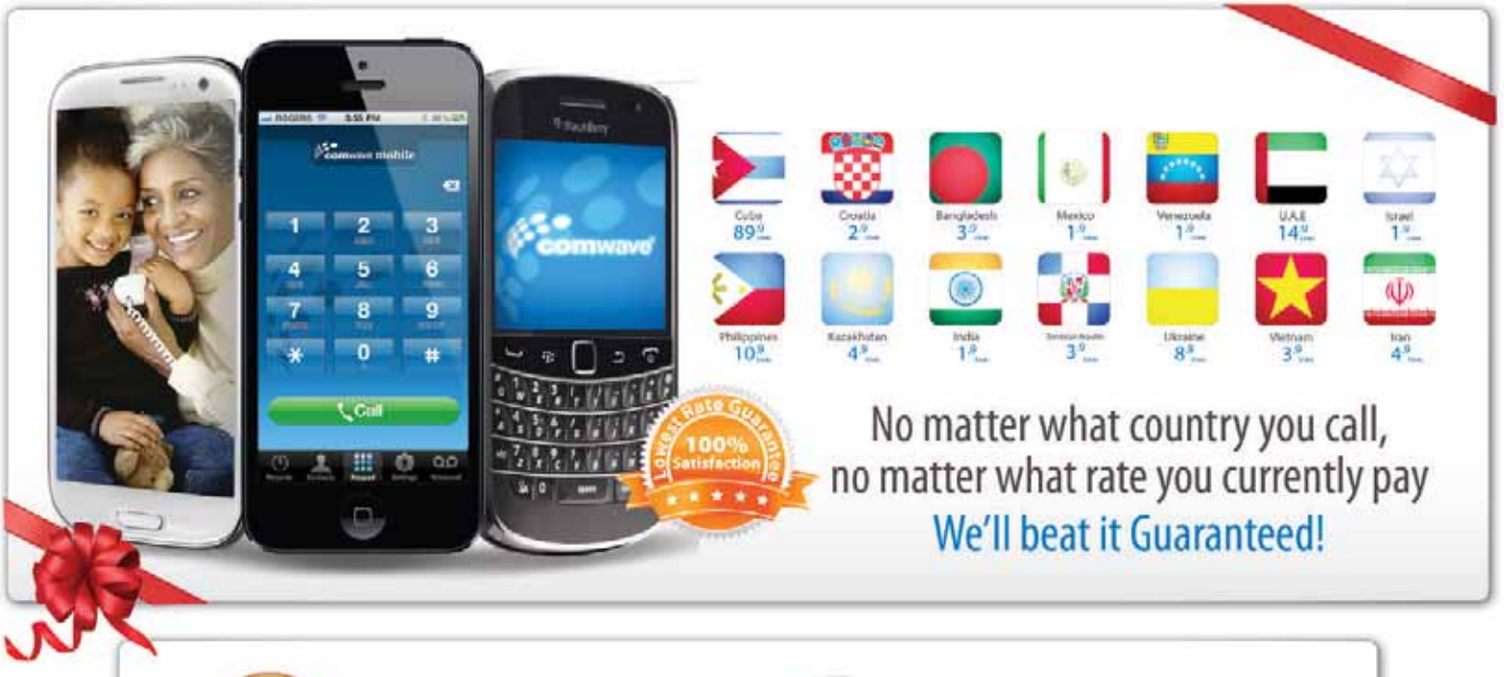

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A 'radical' overhaul of BBC called for

Ongoing scandal.
Head of broadcaster's governing body says 'thorough ... structural' changes needed after executive resigns over sex-abuse coverage

The head of the BBC's governing body said Sunday the broadcaster needs a radical overhaul following the resignation of its chief executive in wake of a scandal over a botched report on child sex-abuse allegations.

Chris Patten vowed to restore confidence and trust in the BBC, which is reeling from the resignation of George Entwistle and the scandals prompting his ouster.

Entwistle resigned Saturday night amid a storm of controversy after a news program wrongly implicated a British politician in a child sex-abuse scandal, deepening a crisis sparked by revelations it decided not to air similar allegations against one of its own stars.

Patten told the BBC on Sunday he will not resign, saying he must ensure the publicly funded broadcaster "has a grip" and gets back on track.

"My job is to make sure that ... we restore confidence and trust in the BBC," he said, and called for a "thorough, radical structural overhaul."

The scandal comes at a sensitive time for Britain's media establishment, struggling to recover from an ongoing phone-hacking scandal which brought down the nation's bestselling Sunday newspaper, led to the arrests of dozens of journalists and prompted a judge-led inquiry into journalistic ethics and the ties between politics and the news media.

Kevin Marsh, a former senior editor of the BBC, said the resignation does little to re-establish public trust in the BBC, which is funded mainly by a tax on U.K. households that have televisions. THE ASSOCIATED PRESS

Neighbourhood awakened by deadly blast

This aerial photo shows the two homes that were levelled and the numerous neighbouring homes that were damaged in Indianapolis by a massive Saturday night explosion that sparked a huge fire and killed two people. Nearly three dozen homes were damaged or destroyed, and seven people were taken to hospital with injuries, authorities said Sunday. The powerful blast shattered windows, crumpled walls and could be felt at least 4.8 kilometres away. It wasn't immediately clear what had caused the blast. MATT KRYGER/THE ASSOCIATED PRESS

Worker

Third person dies after explosion at plant in Quebec

A third person died over the weekend from injuries related to a powerful explosion at a plant in Quebec's Eastern Townships.

Marc Couture, a worker at the plant, died at a Montreal hospital on Saturday evening.

THE CANADIAN PRESS

Drugs

Prescription opioid deaths as high as drunk driving deaths, B.C. officials say

People in southeast British Columbia are dying from prescription opioid overdoses at the same rate that they're dying in drunk driving accidents.

The findings are contained in a research project conducted by medical health officers at the Interior Health Authority and the B.C. Coroners Service.

THE CANADIAN PRESS

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When do you pay the deductible on car insurance?

Learn the facts to avoid confusion.

A deductible is the amount paid by the insured before an insurance company will pay out a claim. If the repair cost in the event of an accident is $1,000 and the deductible is $500, you will pay $500 before the insurance company will cover the remaining the cost of $500. Deductibles usually apply if you have purchased collision, comprehensive or all perils coverage.

It's a common misconception that a deductible must be paid each time a driver makes a claim; But, there are cases when a deductible is not paid. Typically, this depends on the fault determination. Using a set of guidelines called the Fault Determination Rules, insurance companies assign a score to each party involved in an accident. Here are some common examples:

You are involved in an accident where you are 100% "at-fault". If determined completely at-fault, you will have to pay the deductible on your car insurance policy.

You are involved in an accident where you are not "at-fault". If the insurance companies of the parties involved determine that you are not at-fault, you do not have to pay the deductible on your car insurance policy. Your repairs will be covered under the Direct Compensation portion of your policy, which is a mandatory coverage in Ontario.

You are involved in an accident where you are partially "at-fault". If you are determined to be partially at-fault by the insurance companies involved, you would then have to pay only a percentage of the deductible. For example, if you are deemed to be 50% at-fault, you would be responsible for paying 50% of your deductible.

Your vehicle has been hit by an unidentified third party (hit & run). This depends, if you're able to identify the person who hit your car, the loss would likely be covered under the Direct Compensation portion of your insurance policy and you would not pay a deductible. If you're unable to identify the person and you do not have Collision coverage, you may not be covered for this type of loss and you would have to pay for all damages.

Your vehicle has been stolen or vandalized. The Comprehensive portion of your car insurance policy will likely cover the damages. You will, however, have to pay the full deductible. When in doubt, always be sure to ask your insurance professional.

When shopping around for car insurance, it's important to have a deductible amount that you're comfortable dishing out. Quoting sites like InsuranceHotline.com make it easy to get car insurance quotes online and your rate will be compared against over 30 insurance companies.

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Singles Day an e-commerce boon

China. Not only for the lonely anymore, day for the unattached has the country scouring the Internet for rock bottom prices

Singles Day began in China in the 1990s as a Valentine's Day for the unattached. It has morphed into the country's busiest online shopping day where merchants offer goods at prices many find simply irresistible. EUGENE HOSHIKO/THE ASSOCIATED PRESS

Lei Shujie, a designer in Shanghai, piled up a wish list for Sunday, a quirky holiday dubbed Singles Day that has grown into China's — and possibly the world's — busiest online shopping day.

Clothes, a pillow, a cabinet to give a friend — Lei put off buying until Sunday, when retailers promised discounts of up to 70 per cent. "The prices are irresistible," she said.

Singles Day was started by Chinese college students in the 1990s as a version of Valentine's Day for people without romantic partners. The timing was based on the date Nov. 11, or 11.11 — four singles.

Unattached young people would treat each other to dinner or give gifts to woo that special someone and end their single status.

That gift-giving helped to turn it into a major shopping event as sellers of everything from jewelry to TVs to cars saw a marketing opportunity and launched Singles Day sales.

It is China's answer to Cyber Monday in the United States — the day after Thanksgiving weekend, when online Christmas shopping begins and merchants have their busiest sales day. THE ASSOCIATED PRESS

Reactive metal

Allergic to the BlackBerry?

IPhones might be healthier than BlackBerry phones for those with nickel allergies, according to new research from the U.S.

Nickel used in the production of BlackBerry smartphones has been found on the device's buttons and keyboards, where it could cause an allergic reaction such as dry, itchy skin, says a new study.

TORSTAR NEWS SERVICE

On the table

Leon's wants The Brick for $700M

One of Canada's best-known furniture retailers is trying to buy up a high-profile rival amid a growing trend by American retailers to expand into the Canadian market.

Leon's Furniture Ltd. is offering to buy The Brick Ltd. in a deal the company values at $700 million.

The offer is subject to approval by Brick shareholders and will need court and regulatory approval.

THE CANADIAN PRESS

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50	$17	$13	$33	$24	$52	$36	$95	$67
55	$25	$16	$53	$37	$80	$56	$168	$123
60	$37	$26	$86	$59	$160	$110	$310	$212
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GAMBLING ON TORONTO'S FUTURE

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

Most people wouldn't sit down at a card table and start playing without knowing things like the rules of the game and the odds of winning. Even in the mind of someone who gets a thrill from high-stakes gambling, knowing the stakes before laying a bet is just common sense.

So I've got to ask why Mayor Rob Ford has been so eager to dive into a debate on a Toronto casino even though the city has been provided with virtually no solid information about what that kind of glitzy development would mean for the local economy.

Ford's estimate is off

These days, his estimates are about $200 million per year. But there's a problem with those figures.

Ford, whose executive committee voted last week to pursue public consultations on the idea, is fond of waving around potential revenue numbers that he believes would come should Toronto enter into an agreement with the Ontario Lottery and Gaming Corporation to build a casino resort downtown. These days, his estimates are about $200 million per year.

But there's a problem with those figures. They don't add up.

Over the summer, city hall commissioned a report on the economic impact of a casino. But the report is long on speculation and light on concrete numbers.

The report notes that the Ontario municipalities who currently host casino resorts derive only $3 million per year in hosting fees, or a fraction of a per cent of Toronto's total budget. But, the report says, Toronto could get more revenue under changes to revenue sharing agreements that might come under OLG's planned modernization initiative.

But OLG hasn't provided concrete details on that initiative. Toronto has received no proposal indicating what kind of revenue the city should expect from OLG for hosting a casino.

Without real numbers, even a consultation process seems premature. I could see possible support for a casino venue if it means hundreds of millions in dedicated city revenue for things like transit and housing. But if all OLG can really promise is the breadcrumbs other casino-hosting municipalities receive, pursuing this is a waste of time.

My suspicion is that the specifics are vague because a casino won't, ultimately, be a jackpot for the municipal government. The list of cities across the world that have solved their fiscal challenges by embracing gambling revenue is vanishingly short.

In Toronto, the casino focus at city hall seems driven by a desire to raise revenue for infrastructure without looking at new taxes. It's part of the same quixotic crusade that led Ford to champion subway construction via non-specific private sector revenue last winter.

The problem then is the same as the problem now. This city can't afford to waste time pursuing vague solutions to our real problems.

Before placing a bet on a Toronto casino, we've got to know the odds of winning.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

Don't let kitty scratch this

REX FEATURES

Balloon arts and crafts

Hobbit hole made out of balloons

If you love party paraphernalia and J.R.R. Tolkien, you'll be fantasizing about this — a replica of a hobbit hole made from 2,600 balloons. Jeremy Telford, 34, spent 40 hours over three days inflating the balloons using a hand pump.

Thanks to an understanding wife, the Tolkien fan was able to build the shiny structure in his living room.

"After three days we let the kids demolish it for another two. They were sad when it was finally time to reclaim the living room for living," Telford said.

METRO

The artist explains ...

- **Passion for fantasy at an early age.** "I have been a Tolkien fan ever since reading The Hobbit in junior high school. It opened a whole new genre of books to me and fantasy quickly became my favourite."
- **Planning.** "I've been wanting to build something from The Hobbit for a while now. My wife and I sat down and picked out a few days to set aside for the build. We figured out how to get most of the furniture out of our living room and planned out how to build around the rest."
- **18th-century inspiration.** "I spent a few hours Googling 18th-century English furniture to try to get a style to work from. From there I designed the layout and estimated the number of balloons it would take to make the sculpture."
- **Capturing the moment.** "When the day came, we set up the camera to take pictures every 18 seconds for a time-lapse video. My three children, aged seven, five and two, helped. The older kids soon learned to wait for the click of the camera before moving through the living room to get to the kitchen. The youngest didn't understand and instead 'helped' me throughout the build."

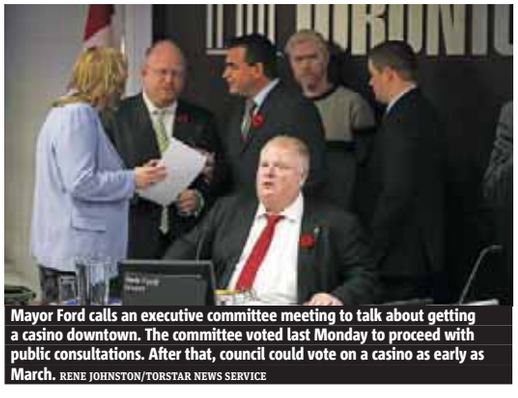
His viewpoint

"The worst part of it was that my fingers were so sore after tying so many balloons. It sounds pitiful but it's very true!"

Balloon enthusiast Jeremy Telford

Online

Watch the time-lapse video at metronews.ca



Mayor Ford calls an executive committee meeting to talk about getting a casino downtown. The committee voted last Monday to proceed with public consultations. After that, council could vote on a casino as early as March. RENE JOHNSTON/TORSTAR NEWS SERVICE

Metropolitan Panel

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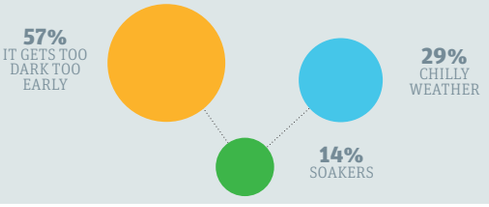

Twitter

@jay_oh: Lest We Forget the brave men and women that fought long and hard for our freedom. #RemembranceDay #VeteransDay

@JenifferVieira: Protesters during Remembrance Day ceremony. The thing is, we were all there to celebrate peace. They missed the point entirely. #remember

@mendesphoto: ARRRRRRRRRRRgos....sorry just heard! #cfl #Argos #torontolove

@mmmaddy: Warm weather means my ankles are out in full force tonight, oh ya, and the Queen St. crazies. #toronto

@georgekouvalis: Its November and I'm sitting on patio. #globalwarming #pollutionBubble #toronto

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The professional brooder, hard at work. GETTY IMAGES

Robert Pattinson: 'I really want to do something worthwhile'

NED EHRBAR
Metro World News in Hollywood

Starring as Edward Cullen, the moody vampire at the centre of the Twilight series has brought Robert Pattinson worldwide stardom, something that doesn't sit well with the British actor. "I have a weird mental disorder where the only thing I can ever hear is the negative stuff," he tells us. "It doesn't matter how many people say anything complimentary, it's always the negative."

You can't blame him. This summer, the 26-year-old was at the centre of some pretty negative headlines: His girlfriend and co-star Kristen Stewart reportedly cheated on him with her Snow White director Rupert Sanders. Are they on? Off? Rather than obsess about it, Pattinson decided to focus on his career after the last film in the series: The Twilight Saga: Breaking Dawn—Part 2.

Of his fame, he says, "Maybe I feel like I don't particularly deserve it yet, so I really want to do something worthwhile in my head and struggle for a long time."

As evidenced by recent choices — including David Cronenberg's challenging Cosmopolis — he's not afraid of risk. "I signed up for a lot of stuff in the last year. I was really fixated on working with a lot of people who are kind of dangerous. I thought that would be exciting," he says. "The business part of show business has really just taken a big s— on the show aspect of it, and so I think anyone who has any visibility should be trying to do something that is really, really subversive. I think it would be interesting trying to get really subversive stuff into the mainstream, things that make it in the cinema not just as a consumer but as a participant."

Would he make more?

"Yeah, definitely. I mean, I don't know why I wouldn't. I've already done five of them. It's not like, 'Six? I can't do six. That's crazy!'"

Robert Pattinson on making another Twilight

It's that sensibility that led him to sign up for the lead in Mission: Blacklist, a film to be made in Iraq next year. "That's probably out of anybody's comfort zone," Pattinson offers. "It's about this guy called Eric Maddox who was an army interrogator who almost single-handedly found Saddam Hussein."

The project teams Pattinson with French director Jean-Stéphane Sauvaire, who used Liberian child soldiers for his last film. "I think he literally wants me to join the army," Pattinson says, looking thrilled at the idea.

You can tell where his passions lie by the fact that, during this interview, the actor talks more about Mission: Blacklist than Twilight. But promotion for Breaking Dawn—Part 2 must be done. The story finds his Edward and Stewart's Bella protecting their child from killer vampires. It's already predicted to be the highest-grossing effort in the series. And the actor is busy lining up another high-profile project, lest he lose his ability to get the riskier ones made.

"This year, I'm thinking I should probably try to do a movie which at least one person will see," he says. "So I'm trying to figure that out now."

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Klum shines in host duties at MTV Europe Music Awards

Frankfurt. Canada's Carly Rae Jepsen among the performers of this year's event

American rapper Ludacris says he has "a huge crush" on supermodel Heidi Klum, the host of Sunday's MTV European music awards show.

Ludacris, alt-pop trio Fun. and Canadian singer-songwriter Carly Rae Jepsen took a rehearsal break to attend a press briefing Saturday ahead of the MTV EMA in Frankfurt. Joined by Klum, all talk turned to the upcoming festivities.

Ludacris said he felt "blessed" to be in Frankfurt and saw the awards as a chance to "give back to the global fans" — and also get near Klum.

The rapper exclusively premiered his new music video Rest of My Life, featuring Usher and David Guetta, during the show.

Also taking the stage was Jepsen, who soared to the top of the charts with her hit song, Call Me Maybe, and had three nominations. She said she is already "falling a little bit in love with Frankfurt."

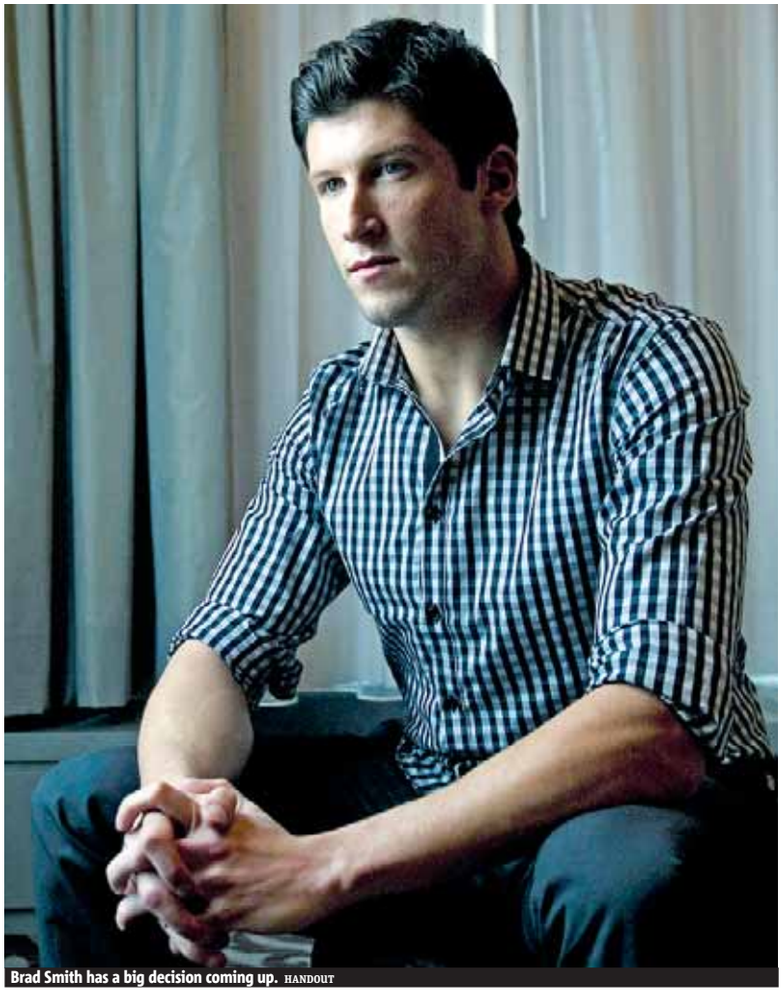
Other performers included Taylor Swift, Muse, No Doubt, Alicia Keys, Pitbull, Psy and The Killers.

Also in the line-up was Fun., who said they would get "pretty giddy" if they bumped into The Killers backstage because they are huge fans.

Klum, meanwhile, was excited to cross paths with Psy, the South Korean phenomenon, and admitted she and her children are partial to his Gangnam Style dancing.

THE ASSOCIATED PRESS

MTV European Music Awards 2012 host, German model Heidi Klum, speaks during a press conference in Frankfurt's town hall on Saturday. THE ASSOCIATED PRESS



Brad Smith has a big decision coming up. HANDOUT

Canadian bachelor prepares to hand out that final rose

Big decision. Brad Smith has narrowed it down to two women after speed-dating his way through 25 contestants

One bachelor, two women, one big decision.

That's what it comes down to as The Bachelor Canada heads toward that final rose.

After weeks of criss-crossing Canada on fantasy dates that also extended into romantic getaways to Paris and Mexico, Canadian bachelor Brad Smith is about to announce his big decision.

He has narrowed it down to 28-year-old Bianka, a nurse from Mississauga, Ont., and 24-year-old Whitney, an administrative assistant from Calgary.

Smith, 29, has caught passes before. The CFL "free agent" wide receiver has played for Montreal, Toronto and Edmonton. His dad is former CFL commissioner Larry Smith, now a member of the Canadian senate.

With roots in football, Smith seems more All-American than many U.S. bachelors.

"Hockey's really my passion," he protests. "I just happen to be good at football."

Much of the dating hijinks were shot last summer. Earlier this month, production shifted to a picturesque seaside town near Victoria, B.C. for the taping of next week's Women Tell All outing (airing Nov. 14 on Citytv,) as well as the After the Rose episode (Nov. 28). Fans will learn if Smith chooses Bianka or Whitney — or neither — on decision night, Nov. 21 at 9:30 p.m. ET.

The studio audience was as shocked as many viewing at home this Wednesday when Smith eliminated second runner-up Kara, a grad student from Delta, B.C.

A softball player who earned a scholarship to a Florida college, Kara shared Smith's passion for sports.

When it came down to the final two, however, he wouldn't play ball.

"I wish there could have been that spark, because it could have been perfect," she said later.

Sixteen of the original 25 women are back for the "Tell All" segment. They're perched on bar stools on a black-and-white set that could pass for Austin Powers' love pad

Gabrielle is a crowd favourite. The diminutive law student from Oakville, Ont., stood out on the series for speaking her mind.

"She's got some fangs on her," observes Smith. If she were to do something like this again, Gabrielle says later, she'd learn to "filter her thoughts." Kara disagrees, saying, "the other girls loved her just the way she is."

Most of the women seem to be pulling for Bianka to get the rose, with Whitney emerging as the villain of the series. She did herself no favours with on-camera quips such as "Brad's mine" and, "I know what I want and I know how to get it."

THE CANADIAN PRESS

Judd touted as potential opponent to Senate leader

Democrats. Nobody has stepped forward to challenge the longtime Republican leader

Actress Ashley Judd isn't ruling out a run for U.S. Senate in Kentucky.

The former Kentuckian is an active supporter of Tennessee Democrats. She said in a statement Friday that she's honoured to be mentioned as a potential candidate, but she sidestepped the question of whether she would get into the race.

Judd lives in Tennessee and would have to re-establish a residence in Kentucky before she could challenge Senate Republican leader Mitch McConnell in his 2014 re-election bid.

No Democrats have stepped forward to challenge McConnell, a political powerhouse who already has $6.8 million in the bank for his re-election.

In 2008, McConnell won re-election to a fifth term and became Kentucky's longest serving senator. McConnell spent some $20 million on his last election, beating Democrat Bruce Lunsford, a wealthy Kentucky businessman, by six percentage points.

"Sen. McConnell and his wife are big fans of Ashley Judd's movies and appreciate her energy, especially when it comes to bringing young people into the political process," said McConnell campaign manager Jesse Benton. He held his criticism for those who are pushing her candidacy.

Judd is a regular at University of Kentucky basketball games and the Kentucky Derby and has starred in such movies as Kiss the Girls, Double Jeopardy, Where the Heart Is and High Crimes.

She is married to three-time Indianapolis 500 winner Dario Franchitti and is an annual spectator at the race.

THE ASSOCIATED PRESS

Quoted

"I cherish Kentucky, heart and soul, and while I'm very honoured by the consideration, we have just finished an election, so let's focus on coming together to keep moving America's families, and especially our kids, forward."

Ashley Judd

Ashley Judd hasn't said whether she'll challenge Senate Republican leader Mitch McConnell. GETTY IMAGES

Jermaine Jackson is trying to bring a little light into his life with a name change. GETTY IMAGES

Jermaine Jackson files to alter famous last name to Jacksun

Jermaine Jackson wants to change his name to something a little brighter. He's asking a court to allow him to alter his famous surname and become Jermaine Jacksun.

The older brother of Michael Jackson filed a name change petition on Tuesday in Los Angeles, stating the switch was for "artistic reasons."

The filing doesn't elaborate, but Jackson's friend Steve Dennis, who was speaking on the singer's behalf, said it's not unheard of for artists to change their names. "Phonetically, it changes nothing," he said.

"It is something he has chosen to do, and it's fair to say that you cannot blame this one on the boogie, you've got to blame it on the sunshine," Dennis said, in a play on the Jackson 5 disco hit, Blame it on the Boogie.

Jackson has been touring with his brothers in recent months and has been promoting his book about his superstar brother titled You Are Not Alone.

A hearing on whether Jackson will become Jacksun is scheduled for Feb. 22 in Los Angeles.

THE ASSOCIATED PRESS

What's in a name?

"It is something he has chosen to do, and it's fair to say that you cannot blame this one on the boogie."

Steve Dennis
Speaking on Jermaine's decision to change his name.

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Chef Ray dishes out $500K to ASPCA

Rachael Ray. AP PHOTO

Society struggling after storm. Host of CBS' favourite show, Rachael Ray said four tons of dog food would be donated to feed animals affected by Sandy

Rachael Ray is donating $500,000 to the American Society for the Prevention of Cruelty to Animals to help pets and families who are struggling to rebound from the superstorm that ravaged the U.S. northeast.

The Emmy-winning chef said Friday that her pet food brand, Nutrish, is also shipping four tons of wet and dry dog food for Superstorm Sandy animals, and her Yum-o! organization is donating $100,000 to City Harvest and the Food Bank for New York City.

"When you make your living in food, you have to give back in the same way," the host of Rachael Ray — the syndicated CBS Television show, — said.

The ASPCA had rescued more than 250 animals and treated or provided supplies to nearly 6,000 in New York City and Long Island.

It will use the money to lease a building that can be used as a central shelter for Sandy animals and to continue searching for lost pets, provide mobile veterinary services and hand out supplies.

The donation is the largest single gift made by Rachael's Rescue, whose nearly $4 million in donations to date are funded by the sale of Nutrish products.

"I hope this becomes a centre of very happy endings," Ray said.

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"I hope this becomes a centre of very happy endings."

TV chef Rachael Ray
On the shelter her charity donation will be funding

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Hyenas, tigers and a bear-sized budget, oh Pi!

Life of Pi director Ang Lee. AP PHOTO

Rich in story. Director Ang Lee talks about task of keeping art house film mainstream

Oscar-winning director Ang Lee said Wednesday that he worked hard during the four-year shooting of Yann Martel's Life of Pi to give the $100 million art house film appeal for general audiences.

The movie stars Indian Suraj Sharma, who plays a boy who drifts on the open sea with a Bengal tiger and a hyena after a ship carrying the rest of his family sinks.

"As an art house film, you can explore the philosophical issues," Lee said at a news conference. "But for a popular film, we also need to make the audience feel touched and that was the difficult part."

Lee said initial reaction to the film had been positive, leaving him to conclude that his "risky experiment" would be a success. A major problem in the filming, Lee said, was coping with animals on a roiling sea, a problem Lee solved by filming in 3D. "As a new technology, 3D gives the film additional appeal," he said.

Much of the film was shot in Taiwan, Lee's home. He said that one of the key settings — a large water tank built at a studio in the central city of Taichung — allowed the 150-strong foreign crew to use its imagination freely and not be restrained by traditional Hollywood production values. "I was relieved that they enjoyed their work in Taiwan. We couldn't have made the film if it were not here because of all the help we received," Lee said.

The film will premiere in the U.S. on Nov. 21.

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Making the movie pop

"As a new technology, 3D gives the film additional appeal."

Life of Pi director Ang Lee

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rich, famous actress dumps rich, famous singer

THE WORD
Dorothy Robinson
scene@metronews.ca

Although it comes as no surprise that two people under the age of 20 have broken up, it is my due diligence as your gossip columnist to tell you about the demise of the tween love that was the two-year relationship between Selena Gomez, 20, and Justin Bieber, 18. Here's what we know:

To hear sources tell it, it was Gomez who did the dumping, according to Us Weekly. "Selena broke up with Justin about a week ago," a source says. "Selena definitely had some major trust issues with Justin."

Those trust issues might have something to do with Bieber recently spending a lot of time with 19-year-old Victoria's Secret model Barbara Palvin.

According to reports, Bieber took two women, one of whom was Palvin, to see The Lion King on Broadway after the Victoria's Secret fashion show last Wednesday.

The twist of the knife came courtesy of a picture featuring Palvin posing with Bieber and rapper Lil' Twist that began circulating online.

Gomez retweeted the photo to her own Twitter feed — her only comment on the pic being a set of ellipses — which caused a prepubescent online fire storm and prompted Palvin to tweet, "Hey everyone. please calm down. he is all yours!! :) please :)"

But don't count the long-term (by teen/celebrity standards) lovebirds out just yet.

"They are (young)," the source says. "Right now it is a break and tomorrow it could be back on, knowing them."

And that's your update from the love lives of people born in the '90s.

Let me take a second here to remind everyone that we're all adults. Reminder taken? Good. For the rest of you, go clean your room.

Berry trying to create a better life for her daughter

Halle Berry

Halle Berry's plans to move to France with fiancé Olivier Martinez are apparently being put on hold, as a judge has reportedly denied Berry's request for permission to relocate her four-year-old daughter, Nahla, according to TMZ.

Despite a contentious relationship with her ex-husband — and Nahla's father — Gabriel Aubry, Berry had argued that the move was for the girl's benefit because of the intrusiveness of the L.A. paparazzi, citing France's "appeal of privacy and a greater sense of safety," she recently told InStyle magazine.

Twitter

@justinbieber
focused on the positive. #30MillionBelieBers with me. Im never leaving u because u r always there 4 me. love u.

@ParisHilton
Skydiving was incredible! Such an amazing feeling! I loving being adventurous!

@Joan_Rivers
And here come the Beliebers! Not sure what is more fun...making a joke about Justin Bieber OR reading the hate tweets from the Beliebers.

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Johnny Depp. ALL GETTY IMAGES

Depp on again with his on-again, off-again girlfriend

While Johnny Depp and Amber Heard reportedly scuttled their summer romance because there was too much "drama" surrounding the relationship, sources say the two are back together after an impressive campaign by Depp, according to the New York Post.

Depp, who split from Vanessa Paradis, his partner of 12 years earlier this year, reportedly sent Heard a self-written poem and roses every day during the month of September.

He eventually convinced her to visit him on his private island in the tropical Bahamas.

"Johnny's the type to fall hard and he's vowed not to let a girl like Amber, who's beautiful and intelligent, slip through his fingers," a source says.

Apparently it worked, as Depp and Heard were spotted out at a Los Angeles nightclub last week.

"They looked very flirty and sat close, conversing the whole time," a source says.

Butler regrets the one who got away

Gerard Butler is certainly happy for newlywed Jessica Biel, but that doesn't mean he doesn't wish things had gone better when he reportedly dated his Playing for Keeps co-star last year during her temporary split from Justin Timberlake, according to Radar Online.

"Gerard doesn't have many regrets, but not treating Jessica with the respect she deserved while they dated is one of them," a source close to Butler says.

"He genuinely believes she was the one that got away. Jessica liked Gerard a lot. She was into his boyish nature, but she wanted something more serious. She was ready to settle down."

Gerard Butler

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The waiting-room game

Doctor-delay diversions. Here are some ways to keep your (often sick) kids entertained at the doc's

IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

It is the time of year when many parents are visiting their doctor's office with kids in tow, for everything from routine vaccinations to dealing with the sudden influx of colds and fevers.

But just going to the doctor's office can make you sick … of thinking of ways to entertain your children while you inevitably wait.

Make sure you're prepared to keep the kids quiet and occupied.

There are ways to keep kids of all ages entertained while waiting for the doctor. ISTOCK

Doctor visit tips

The early bird gets the worm, even at the doctor's office.

- **Be first.** Try to get the first appointment of the day or the first one after the office's lunch break, which is the most effective way to minimize wait time before the back log begins. Vaccinations can also be administered by nurses and other health-care workers, not requiring a long wait for your family doctor. Not sure what vaccinations your child needs? Just hearing about the pneumococcal vaccine? Undecided as to whether the flu shot is right for your family? Guidelines can change, so if you have questions, speak with your doctor for the most up-to-date information. Remember to keep your immunization records current.

0-12 months
Of course, infants have their own schedules, but if you know of an especially fussy time, try to avoid booking within a two hour window of this. Feeding is a great way to distract bored babies, so bring along snacks, bottles, or breastfeeding aids (blankets, etc.) if required. Pack as though you were going on a trip with clean clothes, plenty of diapers and extra clean toys, pacifiers, etc.

1-3 years
Most kids this age are still napping in the afternoon, so try for an early morning appointment and bring a stash of finger foods and favourite toys. Try not to bring loud, large toys that are jarring to others in the waiting room. If the child is starting to have anxiety about visiting the doctor, bring some age appropriate books to read about what they can expect, and let them play with bandages, toy stethoscopes and other doctor tools to prepare them.

4-6 years
This is a great age to introduce kid-friendly tablets and learning software. While mom's iPhone can always be used in a pinch, sometimes mom wants to catch up on email and surf the web herself. Bring along some colouring books and crayons (markers are messy in a public space). Juice boxes and non-messy snacks help.

8+ years
Kids this age can read by themselves. Taking a quick trip to the library first means you can stock up on loads of new books for them to go through quietly. Hand-held gaming devices with calmer, educational games, or a set of ear plugs, can help pass the time. Pack some water and healthy snacks as well.

New parents can also get nervous while they're in the waiting room, so it's a good idea to occupy yourself with activities such as reading up on the vaccinations your child is about to receive, recording the symptoms which lead you to believe they were sick, and preparing questions for the doctor in advance. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

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Stay calm and be a parent

JULIA FURLAN
Metro World News in New York

Gathering the family around a candlelit table during a storm can sound cosy — until it gets scary.

Dr. Dawn Huebner, a child psychologist and author of a "what-to-do" series of guides for children, says that the most important thing for parents to remember during an emergency situation is to keep separate what they are experiencing from their children.

"Parents are going to be seeking out information and wanting to watch the news or listen to reports or looking at the devastated sites. All of that is terrifying to children."

Huebner says parents should try and be calm and reassuring to their children.

Sometimes, extreme weather can give a family a chance to shine together. For Erin Zammett Ruddy, a blogger for Parenting.com and mother of two kids aged two and five, keeping the children occupied is key.

Ruddy's family lost power during Hurricane Sandy, but she is a big believer in keeping the family's routine going as much as possible, a technique Huebner recommends. "We made sure they were having their eating and sleeping and napping routines," Ruddy says.

Storm tips

Dr. Dawn Huebner, child psychologist and author, says the following are essential during extreme weather.

- **Talk it out.** Use "feeling words" when talking to children. Acknowledge that something is scary or sad.
- **Offer assurance.** If disaster is striking, parents can assure kids that they will take care of them.
- **Maintain routines.** Children can be especially clingy or show regressive behaviour during extreme weather. Routines should be maintained as much as possible.

Maintaining a routine is important during a storm. ISTOCK

Nigerian Beef Suya offers spicy satisfaction

Despite the sometimes intense diversity of faith and ethnicity in Nigeria, a nation of 160 million people, this thinly sliced meat — called Suya — is eaten everywhere. Suya typically costs around 200 naira ($1.25) a stick and can be made with beef and chicken cuts, as well as bits of kidney and liver.

Ingredients

- 1/2 cup powdered peanut butter
- 2 tsp sweet paprika
- 2 tsp ground dry ginger
- Kosher salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp cayenne
- 2 lbs sirloin steak
- 1/4 cup peanut oil
- 1 large tomato
- 1/2 small yellow onion
- 1 medium cucumber, peeled and seeded
- 1 tbsp cider vinegar
- Ground black pepper

1. Set oven-safe wire rack over a rimmed baking sheet. Coat the rack with cooking spray.

2. In a wide, shallow bowl, mix powdered peanut butter, paprika, ginger, 2 teaspoons of salt, garlic powder, onion powder and cayenne. Set aside 2 tablespoons of the mixture.

3. Using very sharp knife, cut steak into thin slices no more than 1/4 inch thick. Thread the steak onto wooden skewers.

4. Using pastry brush, lightly brush sliced steak on both sides with peanut oil. One at a time, place each skewer over bowl of seasoning mix and press onto the meat; it should be thick and almost paste-like. Arrange coated steak on the prepared rack.

5. Cover steak loosely with plastic wrap and let sit at room temp. 30 minutes. Meanwhile, heat oven to 300 F. After 30 minutes, uncover steak and roast 20 minutes. Flip skewers, then roast 20 more minutes.

6. Meanwhile, dice tomato, onion and cucumber, then combine in bowl. Add vinegar, toss, then season with salt and pepper. Set aside.

7. Remove pan from oven and increase heat to 400 F. Brush steak on both sides with more oil. When oven is at temperature, roast another 5 minutes.

8. Sprinkle steak with the reserved 2 tablespoons of seasoning mixture. Serve with tomato-onion mix. THE ASSOCIATED PRESS

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Zucchini Cheddar Muffins. Pair them with breakfast or dinner

Want to make a whole-grain version? Substitute regular whole-wheat flour for half of the all-purpose flour. Or go all the way and use white whole-wheat flour in place of all of the all-purpose. White whole-wheat flour has the same nutrition as regular whole wheat, but is made from a lighter grain that produces a flour that tastes and looks similar to white.

Ingredients

- 2 1/4 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 cup sugar
- 1 tsp salt
- 2 eggs
- 1 1/4 cups buttermilk
- 1/2 cup (1 stick) unsalted butter, melted
- 1 cup packed shredded zucchini
- 3/4 cup shredded sharp cheddar cheese

1. Heat the oven to 400 F. Line a 12-cup muffin pan with paper liners or coat with baking spray.

2. In a large bowl, whisk together the flour, baking powder, baking soda, sugar and salt.

3. In another bowl, whisk eggs and buttermilk, then whisk in melted butter. Gently fold liquid mix into the dry mix, then fold in the zucchini and cheddar just enough to incorporate.

4. Scoop batter into prepared muffin pan and bake 25 to 30 minutes, or until a toothpick inserted at the centre comes out clean. Allow to cool for 10 minutes in the pan before turning out on a rack to cool completely. THE ASSOCIATED PRESS

This recipe serves 12. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

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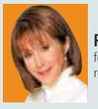

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There's something comforting about pasta. However, there is nothing comforting about the calories, fat and sodium if you choose the wrong pasta sauce.

Classico Four Cheese Alfredo (1 cup)

320 calories/24 g fat/ 1,560 mg sodium

"Alfredo" is another word for "heart attack on a plate!" The primary ingredients contain cream, egg yolks and cheese. No wonder the calories and fat are so high. This doesn't include the pasta which would add another 600 calories!

Equivalent

One cup of Classic Four Cheese Alfredo is equal in fat to five medium Hawaiian slices from Boston Pizza.

Classico Tomato and Basil Sauce (1 cup)

100 calories/ 2 g fat/ 760 mg sodium

A classic tomato sauce contains mostly tomatoes, a much healthier option. If you like a richer flavour you could always add a couple of tbsp. of the Alfredo sauce and make your own Rosé sauce.

Labour of love

"They say you should have balance or a hobby, but for a lot of entrepreneurs, their business is what they do. Do what you love and make sure it's the right balance for you.

Dr. Monique Haakensen
President and principal scientist of Contango Strategies

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The In-Credibility Factor

Name: Dr. Monique Haakensen, PhD, P.Biol
City: Saskatoon
Age: 30
Occupation: President and principal scientist of Contango Strategies

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

After graduating from school, Monique worked for a year and saw so many ways science could be applied to business. Putting her savings on the line, she created Contango Strategies, a company creating cutting edge technologies for mining companies and the oil and gas sector. In less than two years, Contango has landed numerous seven-figure, multi-year contracts and Monique has put her savings back into the bank.

Dr. Monique Haakensen. PROVIDED

I knew I was on my way when... we started getting calls from potential clients seeking us out from word-of-mouth referrals. Our main focus right now is water treatment for mines and oil and gas operations using site-specific constructed wetlands. We've doubled our lab, added 1,500 square feet of greenhouse space and an outdoor pilot facility. We operate the only cold climate constructed wetland pilot facility in North America and we can test our designs before putting them into place for clients. We provide a service that allows these clients to obtain their license to operate and saves them millions of dollars in operational costs.

Action Plan

• Relationships
They are everything in business and that's where your referrals come from because when you are a small, new company, your reputation is everything.

• Balance
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• Tenacity and Persistence.
Thomas Edison said, "I have not failed. I've just found 10,000 ways that won't work." Learn from everything and keep moving. Be flexible enough to know when you have to change and bold enough to take risks.

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Are they taking their sweet time to sign that cheque? Start asking the serious questions. ISTOCK

Sara Horowitz founded the New York-based Freelancers Union in 2003. Today, the union boasts 170,000 members and even created their own health insurance company in 2009. Her new book, The Freelancer's Bible: Everything You Need to Know to Have the Career of Your Dreams — On Your Terms, was released this fall. We caught up with her for a quick chat.

How often do companies fail to pay freelancers?
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How do you insist on your rights while maintaining good relationships with your clients?
Of course, there's no simple answer to that. But it's always good to push for clarity: What is the assignment? What are the deliverables? It's often good to write a memo summarizing that to make sure everybody is on the same page.

What is your response to people who say that unions have outlived their usefulness?
It's funny; in the 1920s people often said that unions were dead.

They were talking about a craft model that was for a workplace of the 1880s. Suddenly, in the 1930s, with mass production, there was a whole new kind of unionism. What a union is will continue to evolve.

But the old ones don't go away fully. They sit side by side.

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Toronto's Chad Owens, left, breaks free from Edmonton kicker Grant Shay, centre, and linebackers Damaso Munoz and Mike Cornell on his way to a punt-return touchdown during the first half of the East Division semifinal at Rogers Centre on Sunday afternoon. FRANK GUNN/THE CANADIAN PRESS

Argonauts run away with East semifinal

CFL. Toronto sets record in 2nd to erase Edmonton's strong start to East semifinal

Chad Owens couldn't have picked a better time to score his first punt return TD of the season.

Owens's 59-yard return TD highlighted a record 31-point second quarter and led the Toronto Argonauts past the Edmonton Eskimos 42-26 in the East Division semifinal Sunday. Owens' return touchdown broke a 7-7 tie and provided a huge momentum shift in the contest.

"The defence fed off it, the offence started rolling," Owens said. "The way the game was going we needed to do something and that's the great thing about specials, we can be the eraser, we can be the cleanup crew if things aren't going well."

Special teams and defence anchored the outburst — the most points scored in a quarter by one team in CFL playoff history — to the delight of the Rogers Centre gathering of 25,792 with the roof closed due to the installation of camera rigging for the Grey Cup game.

Ricky Ray threw two touchdown passes and ran for another in the second for his first win in three games against his former team. Ray helped convert two Edmonton turnovers into 14 points in the quarter.

Ray's 11-yard TD pass to Chad Kackert at 2:00 came after Toronto successfully challenged an end-zone interception by Edmonton's Joe Burnett, which was overturned. That allowed the Argos to maintain possession after initially getting the ball when Ronald Flemons recovered former Argo Cory Boyd's fumble at the Eskimos' 27-yard line.

Marcus Ball's 53-yard interception return to the Edmonton 29-yard line set up Ray's 11-yard scoring strike to Maurice Mann at 9:06. Ray completed the onslaught with a seven-yard TD run at 14:59 that gave Toronto a commanding 31-7 half-time lead.

Argos head coach Scott Milanovich said Flemons' fumble recovery was a turning point but that Owens delivered the key play.

"The momentum started with that fumble ... and Chad, it felt like, sent it over the top," Milanovich said. "The sideline got electric after that.

"I think guys really started to feel good about the game."

The Argos travel to Olympic Stadium in Montreal for the East final next Sunday, with the winner advancing to the Grey Cup at Rogers Centre on Nov. 25. THE CANADIAN PRESS

East semifinal

Argonauts	Eskimos
42	26

CFL. Roughriders' hopes for an upset Stamped out

Stampeders receiver Nik Lewis is tackled by Saskatchewan's Macho Harris during Sunday's West Division semifinal in Calgary. LARRY MACDOUGAL/THE CANADIAN PRESS

The Calgary Stampeders beat the Saskatchewan Roughriders in a playoff game for the first time since 1994 with a 36-30 win in the West Division semifinal Sunday.

The win propels the Stampeders into next Sunday's division final against the B.C. Lions.

Calgary quarterback Drew Tate hit receiver Romby Bryant on a 68-yard touchdown pass with 20 seconds to go to for the win. Stampeders kicker Rene Paredes booted the subsequent kickoff 90 yards and Saskatchewan conceded the single point. THE CANADIAN PRESS

West semifinal

Stampeders	Roughriders
36	30

NFL

Bills come up short again vs. Patriots

Buffalo's offence had no trouble moving the ball in New England on Sunday.

The Bills just went in the wrong direction far too often.

Despite setting a franchise record with 35 first downs and racking up a season-high 481 yards of offence, the Bills committed 14 penalties and turned the ball over three times, derailing any chance they had at upsetting the first-place Patriots, who narrowly escaped with a 37-31 victory.

"We go into every game expecting to win, but that one, I just felt like it would have been right," said Buffalo receiver Stevie Johnson.

"I'm tired of just coming up short."

THE ASSOCIATED PRESS

Golf

Beljan crafts fairy tale ending at Magic Kingdom

Charlie Beljan felt as if his heart was about to burst out of his chest Sunday at Disney World, and he couldn't have felt better.

This wasn't another panic attack gone wild, like the one that sent him to the hospital in an ambulance after the second round and made him feel like he was going to die. This was the prospect of winning on the PGA Tour for the first time.

Two days after he was wheeled out of the scoring room on a stretcher, the 28-year-old rookie was celebrating on the 18th green. He arrived at the Children's Miracle Network Hospitals Classic with his job in jeopardy, and left with a two-year exemption that will send him to Maui at the start of the year.

"Every day I drove underneath that Disney sign coming in here that said, 'Where dreams come true,' and that's just what happened this week," Beljan said after closing with a 3-under 69 for a two-shot win. "And I'm so grateful and so honoured."

THE ASSOCIATED PRESS

Charlie Beljan holds up the trophy after winning the Children's Miracle Network Hospitals Classic Sunday in Lake Buena Vista, Fla. THE ASSOCIATED PRESS

Raptors shooting guard Demar DeRozan, left, shows some frustration during a 93-83 loss to the Philadelphia 76ers at the Air Canada Centre on Saturday night. VINCE TALOTTA/TORSTAR NEWS SERVICES FILE

Ailing Raptors will 'have to be creative'

NBA. Coach Casey forced to shuffle deck as injuries pile up and inconsistency continues

Alan Anderson hobbled out of the practice court on crutches. Kyle Lowry was off somewhere getting a further examination of his sprained right ankle. And Toronto Raptors coach Dwane Casey was trying to figure out just what he's going to do.

"We have to be creative," he said.

That's after he gets over the frustration that's settling in.

Anderson will not be able to play when Toronto faces the Utah Jazz at the Air Canada Centre on Monday night and since Lowry hasn't practised or played since he was hurt last Tuesday, it's doubtful he'll return.

Quoted

"I've got a good rotation in mind, you have to get performance."

Raptors coach Dwane Casey who has yet to find a lineup combination that works

Jose Calderon will be in Lowry's spot if need be, but finding a small forward to start is a bit more dicey. Landry Fields remains out with a right hand injury — he's due to see a specialist early this week — and it's going to be either Linas Kleiza or Dom McGuire who fills that spot.

McGuire may become a more significant factor aside from his small forward role.

With Lowry out, Calderon carries the bulk of the point guard duties with John Lucas III moving from third-stringer to backup.

Not only is Lucas mired in a shooting slump, he's not adept enough at running the offence to suit anyone. Casey may have to make sure McGuire's on the court with Lucas so McGuire can do some ball-handling to allow Lucas to play off the ball.

"He's probably going to help out with that second unit," Casey said of McGuire. "He's an excellent ball-handler."

But aside from backcourt woes, there needs to be some consistency up front, as well.

Ed Davis, who was the team's best big man through the pre-season, has seen his play fall off dramatically since an excellent outing a week ago against Minnesota.

"Since then, I don't know; he hasn't been the same since," Casey said of Davis.

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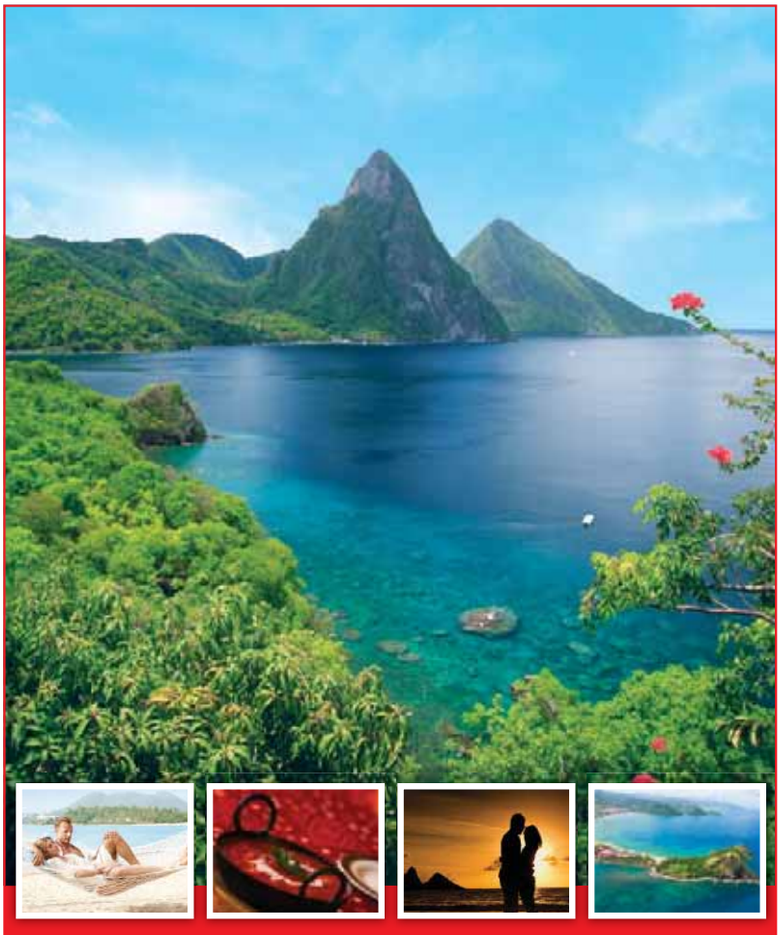

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NHL

Lockout talks hit roadblock again

As quickly as NHL labour negotiations got going again, they came to a screeching halt. Now there is no telling when the league and the players will return to the bargaining table.

After a one-day break following a series of formal discussions this week, the sides got back to business on Sunday. Less than 90 minutes after talks solely about player-contract issues started, they were over.

The players contend the NHL has dug in on its position and is not willing to negotiate.

"The owners made it clear there is no give with respect to their proposals unless the players are willing to take them — this is my phrase, not theirs — down to the comma, then there is nothing to do, that we're past the point of give and take," players' association executive director Donald Fehr said.

No new plans to talk were made, but Monday wasn't ruled out. If the sides do decide to meet then, those talks will take place in Toronto, where leaders from the NHL and the players' association will be to attend Hockey Hall of Fame induction ceremonies.

The NHL wants to limit contracts to five years, make rules to prohibit back-diving contracts the league feels circumvents the salary cap, keep players ineligible for unrestricted free agency until they are 28 or have eight years of professional service time, cut entry-level deals to two years, and make salary arbitration after five years.

NHL deputy commissioner Bill Daly said Sunday that owners have conveyed the message to him that these issues are of vital importance in a new deal.

THE ASSOCIATED PRESS

Sundin, Sakic tout NHL returning to Quebec

Fan forum. Two former Nordiques to be inducted into Hall of Fame with Pavel Bure and Adam Oates

Joe Sakic and Mats Sundin would like to see other NHLers get the opportunity to play in front of the adoring fans in Quebec City.

The former teammates, both first-round picks of the Nordiques, make up half of this year's Hockey Hall of Fame induction class and were asked about the prospect of the NHL returning to the city during a question-and-answer session with fans on Sunday morning.

"I don't think you're going to find anywhere where people are so passionate about the game," said Sakic.

The former Nordiques captain made the move to Denver along with the rest of the team in 1995 and ended up finishing his career with the Avalanche, collecting two Stanley Cups to go along with an Olympic gold medal before retiring in 2009.

Now an executive adviser in the Avs' front office, Sakic noted that Quebec's economy has greatly improved in recent years and that the city has started construction on an arena more suited to big-league hockey.

Sundin spent his entire NHL career playing for Canadian teams and also believes Quebec City would be a good candidate to rejoin the league at some point.

"In Canada, everywhere hockey has such support and Quebec City is no different," he said. "Definitely there would be a lot of support."

Sundin will command plenty of attention on Monday. He led the Maple Leafs in scoring during 12 of his 13 seasons with the team and has already had his No. 13 honoured at Air Canada Centre.

On Sunday, Sundin surprised the pro-Leafs crowd at the Hall when he admitted that he grew up a fan of the Montreal Canadiens because Mats Naslund was his childhood idol.

However, Sundin said he wished he never left Toronto at the end of his career. The longtime Leafs captain indicated that he strongly considered retiring in 2008 before deciding to sign with the Canucks the following season for a chance to win the Stanley Cup.

"It was a good experience, but I wish I would have finished my career as a Maple Leaf," said Sundin. "Toronto for me is my home as much as Sweden. I'm very glad to be back here today."

THE CANADIAN PRESS

Legends game

Rock star reception for Sundin

Mats Sundin has repeatedly referred to the high level of emotion he's harboured this Hockey Hall of Fame weekend.

It was never more apparent than when he stepped onto the ice for Sunday's Legends Classic at the Air Canada Centre — back in front of a near-sellout crowd in the city where he'd been a star for 13 years.

The emotions will continue to flow Monday when Sundin, Adam Oates, Pavel Bure, and Joe Sakic will be formally inducted.

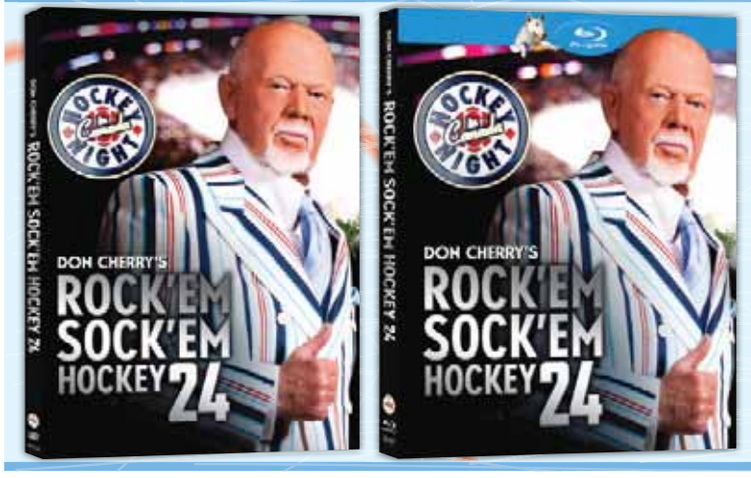
"We're having a great time this weekend," said the ever-smiling Sundin.

Sundin was in rock star mode, greeted by cheers and mobs of media from the moment he stepped into the Air Canada Centre two hours before the Legends game.

"You'd think it was a playoff game in here … when I landed at the airport it was like coming home," he said.

TORSTAR NEWS SERVICE

Mats Sundin celebrates scoring a goal in the Hockey Hall of Fame Legends game at the Air Canada Centre in Toronto on Sunday. Sundin will be inducted into the Hockey Hall of Fame on Monday. BRUCE BENNETT/GETTY IMAGES



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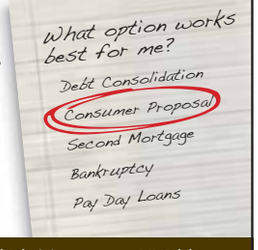

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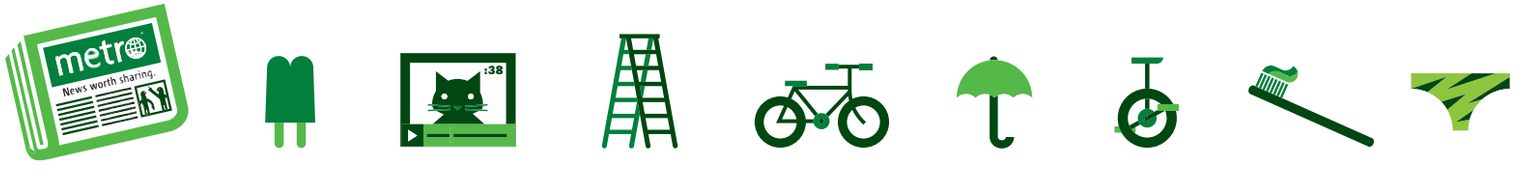


easy hard

Horoscopes

Aries
March 21 - April 20
This is a good time to hold talks of a personal nature with a friend or loved one. Most likely a recent falling out was nothing more than a misunderstanding and it won't take much to put things right again.

Taurus
April 21 - May 21
You're getting that annoying feeling that there is something you should have done but you just can't put your finger on what it might be. Tomorrow's eclipse will no doubt enlighten you. In the meantime, don't think so hard.

Gemini
May 22 - June 21
You may have things planned out in your head but when are you going to roll up your sleeves and actually get busy? There is so much you can achieve now, but it won't just happen as if by magic.

Cancer
June 22 - July 23
Ignore what other people say you should be doing and do only what feels right to you. You know what you want, you know how to get it and you know you have what it takes to be a success. Get to it!

Leo
July 24 - Aug. 23
As usual you have plenty to say for yourself but there is a danger you might say too much and turn others against you. Your criticisms may be valid but do you really need to point out everyone's faults and failings?

Virgo
Aug. 24 - Sept. 23
Let your imagination run riot. Let your mind wander in directions it does not usually choose to go. The more you allow your thinking to be free the more likely it is you will accomplish something outstanding and original.

Libra
Sept. 24 - Oct. 23
Whatever you choose to do over the next 48 hours will have a huge impact on the way your life unfolds over the next six months or so, so think deeply and act decisively. Don't worry, you'll make the right choice.

Scorpio
Oct. 24 - Nov. 22
The imminent solar eclipse in your sign is a timely reminder that you should always look forwards. What happened yesterday and in the days before that is now history. It's what you do today and tomorrow that counts.

Sagittarius
Nov. 23 - Dec. 21
It may seem as if everyone is ganging up on you at the moment but most likely it is your subconscious playing tricks on you. It is of the utmost importance that you stay positive. Remember: your mind creates your reality.

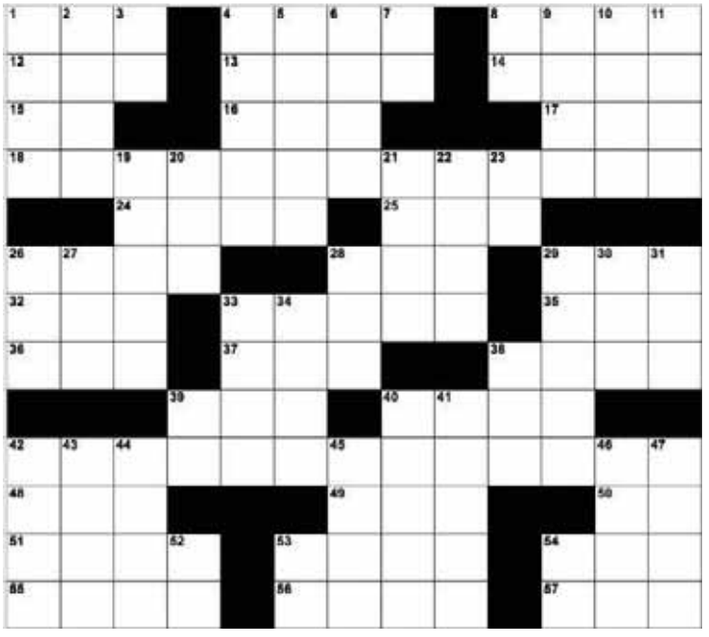
Capricorn
Dec. 22 - Jan. 20
No matter what others might say you are doing well – in fact you are doing brilliantly. It's because they can see that, even if you can't, some people are determined to undermine your confidence.

Aquarius
Jan. 21 - Feb. 19
Some of your ideas may seem a little "way out" to others but they make perfect sense to you. It's not your fault that the rest of humanity does not possess your breadth and depth of vision.

Pisces
Feb. 20 - March 20
There is no such thing as a problem that cannot be solved and the approaching eclipse in sympathetic Scorpio will encourage you to look again at an issue that has been terribly divisive. SALLY BROMPTON

Canadian Crossword

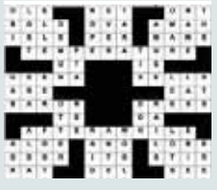
BY BETTY MARTIN



Across
1. — About You
4. Majority
8. Look after
12. Goal
13. Type of exam
14. Aweather
15. "The Thin Red Line" actor (init.)
16. Lubricate
17. Partner for a woman
18. Protestors
24. Comfort
25. Roker and Pacino
26. Accomplishment
28. Actor/Actress personal info.
29. Health club
32. Chat room lingo
33. Lion's litter
35. Female
36. Response to a ques.
37. Light toss
38. He played Klinger on M*A*S*H
39. Telephone book section (abbr.)
40. Former co-host of The View - — Jones
42. Bonnie Franklin 1970's sitcom (5 words)
48. Size above sm.
49. Tease
50. Keeping — with the Kardashians
51. Spew
53. Howl
54. —: Crime Scene Investigation
55. Memo
56. Chip's partner in crime
57. And so on (abbr.)

Down
1. Patch a holey sweater
2. Green Gables girl
3. Minister's deg.
4. Orbs
5. Get up in the a.m.
6. Sodium
7. Ollie's comedy partner (init.)
8. British thanks'
9. Ticklish muppet
10. Close by
11. Lairs
19. — on Wheels
20. Food for Mister Ed
21. Police foray
22. Healing lotion
23. Poet Eliot
26. Southern st.
27. Time long past
28. Baby's neckwear
29. — Lewis & Lamb Chop
30. Apiece
31. Airport info.
33. Heard by a judge
34. Blushing
38. "My Big — Greek Wedding"
39. 1970's host of Family Feud (init.)
40. Yet
41. Dining room furniture
42. Horror movie starring Gregory Peck, with The
43. "Finding —"
44. Revise a manuscript
45. Math calculation
46. Should
47. Blockbuster
52. – Diem
53. 3 feet equals this (abbr.)
54. He played "Dirty Harry"

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

				9		1	7	
6		2	8					
3					2		6	
		7		3			9	
2			5		6			7
	4			7		5		
	6		1					4
					7	9		8
	5	3		8				

Friday's Sudoku

7	8	1	3	9	6	5	2	4
9	5	6	2	4	7	1	8	3
3	4	2	8	5	1	9	6	7
4	9	7	1	8	3	2	5	6
6	1	8	5	2	4	3	7	9
2	3	5	7	6	9	4	1	8
1	7	4	6	3	2	8	9	5
5	6	3	9	1	8	7	4	2
8	2	9	4	7	5	6	3	1

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